

Trauma Focused Cognitive Behavioral Therapy (TFCBT)

TFCBT is an evidence based program that can be used in individual therapy for children or adolescents (or adults) who have experienced trauma to such a degree that it impairs functioning of daily life. TFCBT is a tool that can be very helpful in assisting persons who have survived trauma to take some of the intensity out of the memories. This is to say that step one is assessing the (1) most significant trauma, and (2) how the symptoms of it show up in a regular life. Step 2 is to teach specific skills to assist the person in being able to talk about the trauma in a organized way in which perspective is gained. Step 3 focuses on making a narrative of the traumatic experience and taking control of the memories. A checklist can be re-administered throughout the therapy process to measure the decrease in symptoms. While this approach is not used for every child at CSTC, it is a model that has been presented to all CSTC therapists and there is an ongoing commitment from the administration to support the success of this model. Further information and a free training can be found at <http://tfcbt.musc.edu/> The primary handbook on this model is by Cohen, Mannarino, and Deblinger (2006) and it is titled "Treating Trauma and Traumatic Grief in Children and Adolescents."